

The Effect of Educating the Use of Spray by Visual Concept Mapping Method on the Quality of Life of Children with Asthma

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ABSTRACT

One of the most important goals in treating chronic diseases, especially asthma, is the promotion of quality of life (QOL). The present study aimed at identifying the effect of educating method on the QOL of children, who suffered from asthma.

In this clinical trial study, 80 children aged 6-12 years with asthma were divided into two groups: control (face-to-face method) and experimental (visual concept mapping method). The QOL of both groups was measured before and after educating by the Juniper's Quality of Life Questionnaire with a one-month interval.

The rate of change in the QOL score of the experimental group was 0.3 (± 0.7) both before and after intervention and 0.1 (± 0.3) in the control group, which was statistically significant ($p < 0.05$).

Educating by the visual concept mapping method with regard to the manner of using sprays is taken into account as an efficient and effective method in improving the QOL of children with asthma.

Keywords: Asthma; Child; Quality of life; Visual Concept Mapping

INTRODUCTION

Among the ultimate aims of treating the chronic diseases, especially asthma, is to improve the patient's QOL.

Therefore, the process of QOL has been suggested as a scale for measuring the usefulness of the medical services offered to the patients.¹ The QOL has a unique definition for each individual and is dependent on several factors such as patients' lifestyle as well as past experiences and their desires. The QOL for a child with asthma is defined as the intensity of disease, frequent visits to the doctors, absence from school and motion limitations.² In asthma, physical disability leads to sense of insufficiency in children and disturbs their self

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